

BUILDING PROFESSIONAL RELATIONSHIPS

Grow your network to grow your career



START SMALL, START NOW

Plan ahead and set small goals. Even meeting one person is a success!

Practice talking about yourself: what makes you interesting?

Bring a buddy and network as a team

Commit to staying for optional virtual events like breakout rooms



GET PAST THE AWKWARDNESS

Project friendliness and warmth (smile!)

Focus on listening and stay present

Be inquisitive and ask for advice

If you forget a name, be honest

If a conversation has run its course, it's fine to say thanks and move on



NURTURE YOUR NETWORK

Send a quick email to follow up with new people

Share useful information or offer your services

Set reminders to reach out and connect

Introduce people in your network with shared interests

Consider using social media (LinkedIn, Twitter)

